ACCUSPLIT® EAGLE™ 1690

MULTI-FUNCTION PEDOMETER
OPERATING INSTRUCTIONS

Congratulations on taking the first step to wellness with your purchase of an ACCUSPLIT pedometer. It's easy to set up your new pedometer. Just follow the steps below, and start walking!

SETTING UP YOUR PEDOMETER
To record your distance and calories accurately, you will need to set your stride length and body weight.

CHOOSING A MEASUREMENT SYSTEM
This unit is initially set to use English measurement units (Miles and Pounds). To change the unit back and forth between English and Metric units (Kilometers and Kilograms), press the green RESET button for 5 seconds.

Finding Your Stride Length: Your stride length is the length of one of your steps, measured from "toe to toe." To measure, walk 10 steps with your normal stride and measure the TOTAL DISTANCE from the toe of your starting step to the toe of your 10th step (see diagram below). Divide the TOTAL DISTANCE by 10. This is your stride length. Example: If you walk 22 feet, your stride length is 2.2 feet.

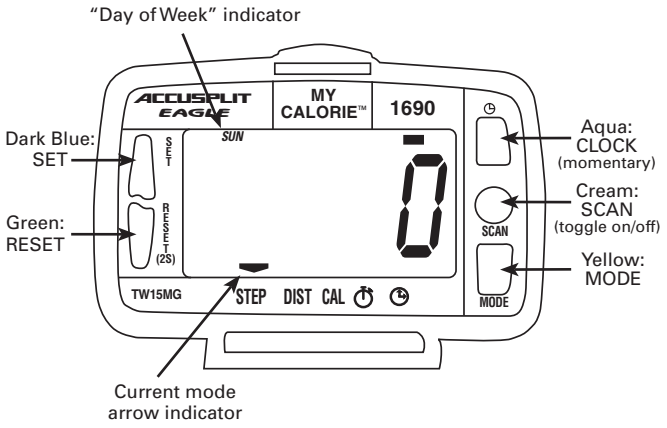
Setting Your Stride Length: Press the yellow MODE button until arrow on bottom of display points to "DIST." Press the dark blue SET button once to enter setting mode. Display will shift to show stride (for example, "F 1.95" means stride is set to 1.95 feet). Press the dark blue SET button to increase stride length. Press the green RESET button to reduce stride length. Press the yellow MODE button to exit setting mode.

Setting Your Weight: Press the yellow MODE button until arrow on bottom of display points to "CAL." Press the dark blue SET button once to enter setting mode. Display will shift to show weight in pounds. For example, "L 165" means weight is set to 165 lbs. Press the dark blue SET button to increase weight setting. Press the green RESET button to reduce weight setting. Press the yellow MODE button to exit setting mode.

Setting the Clock: Press the yellow MODE button until the arrow on the bottom of the display points to the clock icon ◷. Press the dark blue SET button to enter clock setting mode (clock readout will flash). Press the green RESET button to advance Hours. Press the dark blue SET button to advance Minutes. Press the aqua DAY/CUM button to shift between 12 and 24 hour mode. ("H" will show in display for 24 hour mode.) Press the yellow MODE button to exit clock setting mode, or wait a few seconds for pedometer to automatically exit clock setting mode.

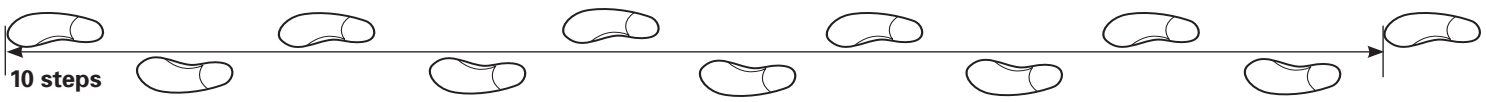
DISPLAY MODES
Press the yellow MODE button to cycle through:

- STEP: STEP mode shows your step count since last reset, up to 200,000 steps.
- DIST: DISTANCE mode shows distance walked or jogged since last reset, in miles or kilometers.
- CAL: CALORIE mode shows calories burned through step activity since last reset.
- ⏱: ACTIVITY TIMER MODE shows total activity time in minutes and seconds then hours and minutes since last reset. The timer runs automatically whenever steps are being recorded.
- ◷: CLOCK mode shows time of day and day of week.
- SCAN mode: Loops through each display mode, briefly showing step count, then distance, then calories.



WEARING YOUR PEDOMETER
While gently holding the belt clip open, slide the pedometer onto your belt or the top edge of your pants or skirt. It should fit snugly and level, above one knee.
Note: The pedometer should be as vertical as possible. Walkers with larger stomachs may find it helpful to wear the pedometer farther back on the body, toward one hip.
The cover must be closed for the pedometer to work. To avoid losing or dropping your pedometer, use the included leash and clip to fasten the pedometer securely to your clothing.

Eat Right! Walk More! Live Well!
The ACCUSPLIT Lifestyle



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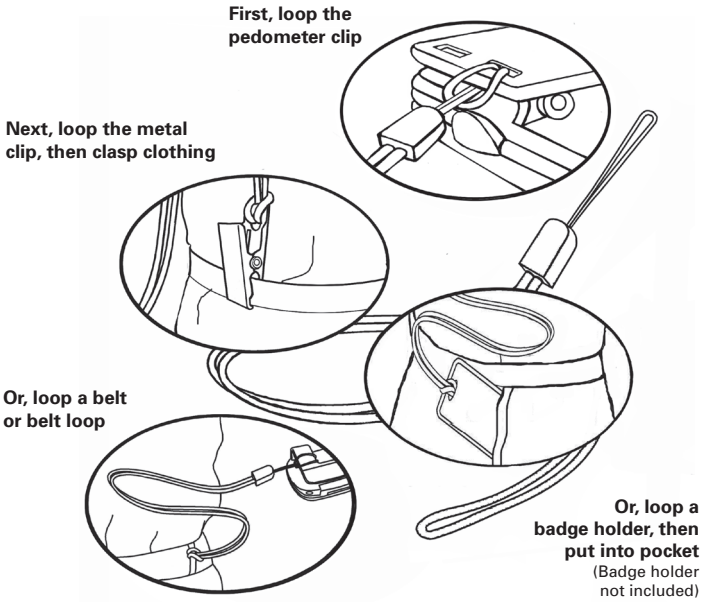
First, loop the pedometer clip
Next, loop the metal clip, then clasp clothing
Or, loop a belt or belt loop
Or, loop a badge holder, then put into pocket
(Badge holder not included)

Attaching the Leash: Attach the pedometer to the leash by looping the leash around the pedometer belt clip. Next, clasp the waistband of your clothing with the attached metal clip. You can also use a safety pin to fasten the leash to your clothing, or loop the leash through your belt or belt loop.

VIEWING YOUR RESULTS

Once you put on your pedometer with the cover closed, it will automatically begin to record your steps, distance, calories burned, and activity time. Repeatedly press the yellow MODE button to cycle through the pedometer modes:
STEPS → DISTANCE → CALORIES → ACTIVITY TIMER → TIME OF DAY → STEPS

REGISTER NOW Please return your AE1690 Registration to the Repair Center address in the warranty, and we will let you know about future products.

Email (preferred) User _____

_____

SCAN MODE

In Scan mode, the unit cycles through each of the display modes (steps, distance, calories, clock, and activity time), showing each one for five seconds. Press the cream SCAN button to turn scanning on or off. The scan indicator (in the bottom left-hand corner of display) will turn on to show when you are in Scan mode.

AUTO MOVEMENT SENSOR

1. To filter out random movements, the unit remains in standby mode until 5 continuous steps are registered. Only then are the 5 steps calculated in, and an Active indicator "▲" appears on the upper left of display.
2. When regular walk/run movement stops, after 2 seconds the timer pauses and the unit switches to standby status (Active indicator "▲" disappears).

RESETTING YOUR PEDOMETER

Most people prefer to reset their pedometers daily. Press and hold the green RESET button for at least two seconds to reset steps, distance, calories, and activity time measurements back to zero.

REPLACING THE BATTERY

When the display starts to dim or goes blank, it is time to replace the battery. Your pedometer uses one Type LR43 (L1142) 1.5 volt alkaline battery. To replace:

1. Insert a coin into the slot on the bottom of the case, and twist counterclockwise to loosen the case front. Lift case front away.
2. Using a pen or other thin object, push battery sideways out of its holder. Replace it with a new battery. The battery's positive (+) terminal should be FACE UP while you put it into the pedometer.
3. Align case front over the pedometer and press gently to snap cover back into place, starting with top.

NO-PROOF-OF-PURCHASE LIMITED WARRANTY

See label inside the lid of your pedometer